



**See the answer**  
Lack of information  
makes poverty  
hard to define.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Deonting  
about cells**  
Students get  
swabbed  
to test diets.  
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FRIDAY, MARCH 20, 2015

CONCORDIA COLLEGE, MICHIGAN, 081

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SPRING 2015 — PG. 4

## Hold back on the beef, eat a bug



PHOTO BY MICHAEL FLEMING

Concordia University Conservancy staff Tim Marwa (left) and Tim Malachuk (right) hold out samples and educated visitors about the benefits of eating bugs at the conservancy on March 11.

BY MICHAEL FLEMING

It might be time to cut back on beef and start eating bugs, according to Katrina Forness, co-founder of Concordia University's Conservancy. "I think if people are into lifestyle of health and sustainability — it's something they should be open-minded about," he said.

Indeed, along with his brother, Darren and Ryan, started a bug farming business just over three years ago and went the first to start a farm of this kind in Canada. Initially the farm was about 1,000 square feet but has since expanded to 40-500 square feet due to the increased demand for their product.

During March break last week, Katrina Forness sponsored and supplied the ingredients for the Concordia University Conservancy's annual Bug Fest. Visitors

to the conservancy had the chance to sample a few different recipes.

"Our first one is a dry roasted cricket with maple bacon seasoning — then we have a more protein meal with cricket flour and the last one is a couple fudge with dry roasted beetle larva," said conservancy staff member Tim Malachuk.

For those who are a little squeamish when it comes to eating bugs, Malachuk suggested starting with the protein.

"That's the easiest one to start with because you can't see the bugs."

While the proteins were easy to swallow the roasted crickets were a little less visually appealing and harder to stomach for some reason. Liam Bergman, one of the men who helped to start Bug Farm, suggested the powder but wasn't as keen as the other visitors.

"I see the top of the cricket separated from the body I am not eating that," said Liam. Malachuk said, "The cricket is actually my favorite. If you can get over the fact that it's just a dry roasted cricket in a cup that's pretty tasty."

While the stick value does help in bringing visitors to the conservancy there are actually benefits both for our planet and for our health in eating insects.

"They are more sustainable in land and water, they take less water, less land and less money and they have more protein than your average serving of beef, pork or chicken," said Malachuk.

Indeed, indeed — these statistics suggest that he would encourage others to eat insects for two simple reasons.

"If they care about their own health it's probably the healthiest form of protein and if they care about the



Visit Bergman samples a piece of maple fudge topped with roasted beetle larva.

planet it's probably the most sustainable form of protein, not probably, it is."

On the Concordia Farm website there are many facts provided on how this cricket powder is both healthy and environmentally friendly. "Could sources of meat protein would include beef, pork or chicken. Beef is one of the most inefficient sources of protein to produce in terms of the amount of resources required."

In fact, one of the reasons is that 10 times less resources are needed to create 10 grams of cricket flour than are needed to create 10 grams of beef protein. He also states that if an family of four were to eat cricket flour as an alternative protein source for one day a week, it would save the planet 100-200 litres of fresh water per year.

Another environmental

benefit that could come from substituting insect protein for meat protein, is a reduction in carbon emissions.

"Twenty per cent of all carbon emissions come from meat farming. This is a contributor to global warming as meat farming," said Malachuk.

Bug farming comes with its own costs and advantages. It's more expensive than meat and has a higher carbon footprint than the beef you get from the amount of land produced.

"One recent feed-to-food is about 10 per cent — whereas insects convert at like 70 per cent," said Malachuk.

This means that for every 100 kilograms of feed given to a cow it would only produce about 10 kilograms of food for consumption. The same weight of feed given to crickets would produce around 70 kilograms of food.

The conservancy wouldn't be the only thing that would stand to benefit from increased consumption of insects though. The cricket flour which accounts for 50 per cent of Concordia Farm's business, is also highly nutritious. It boasts having 10 grams of protein in every 100 grams of flour it is also high in other nutrients such as calcium, iron, vitamin B12 and fibre.

Concordia Farm is located on Richmond, Ont. To see the products offered and to order online go to [www.concordiafarm.com](http://www.concordiafarm.com).



Malachuk offers samples of some crunchy maple bacon crickets to the visitors brave enough to try them



## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
What has been the weirdest excuse  
that you've given or received?



"I tried to catch the name, paper from the paper boy and the car keys flew out of my hand and into the bushes, so I had to search to find them."

**Abby Schickler,**  
second-year  
business administration  
management

"I can't go out because I'm too drunk."

**Harold Parikh,**  
first-year  
marketing



"One of my friends backed out of something because it was her cat's birthday."

**Katherine Wilcox,**  
first-year  
pre-health sciences

"I told a guy running a charity that I needed money myself, so maybe I should start my own charity."

**Elyse Jamieson,**  
second-year  
business administration  
accounting



"I usually say 'I'm sick and then act sick the next day.'"

**Willem Rut,**  
second-year  
business administration  
management

"A 24-year-old said they wouldn't hang out because their parents wouldn't let them."

**Christina Matheson,**  
first-year  
social service worker



Send Conestoga questions to [news@conestoga.ca](mailto:news@conestoga.ca)

### FILBERT CARTOONS



By L.A. Smith

See more cartoons and comics on our [FilbertCartoon.com](http://FilbertCartoon.com)



## Full house welcomes *Shaping Sound*

### BY NICOLE CLARK

Travis Wallis' *Shaping Sound*. After the Curran continued with the second night of its J&K North American tour at Curran at the Square in Kitchener on March 5. The show drew a massive crowd, which filled the theatre.

The show was directed by artistic director Travis Wall, along with Nick Lutz and, Terrell Penner and Kyle McInnes, who are all equipped with a minutely superb dancing abilities and coordination. Each of these has performed on shows like *Dancing With the Stars* and *So You Think You Can Dance*. *Shaping Sound* is a show through a contemporary music style and musical genres, tells the stories of a man in the midst of an inner battle with himself while he works to discover his creative voice after the sudden death of his son from love.

The show's dancers who filled the stage in various poses throughout the production had impeccable chemistry. Their hypnotic talent was obvious even in their still well-ventured

in the many workings of the dance world. Wall controlled the audience with his creativity and obvious musical stage direction throughout the entirety of the performance.

The module art was called along the stage by the cast themselves as they reacted to what had been displayed by the darkness cast on them though still obviously in their characters' costumes. This had no influence on the performance as a whole of anything, it added to the uniqueness of the show. The costumes pulled everything together; they were very well designed and creative. The music, a central element to the story and show itself, was an interesting mix of genres and moods. Though it seemed to suit the atmosphere of the narrative throughout. The lighting, another piece of the production that was used to tell the story, could use some tweaking. In one point during the production it makes itself of light's started the audience and another time consistently bright light faded away the stage for more than one minute. This may have

actually warranted a few show warnings for those sensitive to such things.

The performance began 15 minutes past the 8 p.m. start time, probably due to the massive size of the audience and the thoughtless that caused. Curran at the Square staff were right to give everyone a reasonable amount of time to take their seats before the performance's start, sending everyone home.

*Shaping Sound* was an interesting show. It was inspiring, creative and well performed, although it would have used a diverse plot structure. It was easy to get lost in the beautiful dancing and no longer understood the direction of the storyline. The show definitely evoked emotions in the audience, though it may be difficult to decipher what exactly those emotions were.

All in all, it's no wonder Wall has been the recipient of an Emmy award in the past for outstanding choreography. He did a wonderful job of inspiring his viewers and the show ended in a standing ovation.

### MONTHLY BLUES EVENT TAKES PLACE IN GUELPH



Photo by Jeff DeGroot

Scott Macdonald (left) and Scott Fitzgerald perform at The Wacky Pub in Guelph, March 5 for the monthly musical event called *One on a Blues Sunday*. This event was started by the late Gary Webster, a folk and blues musician who performed under the name *the Sunday*. For more story, go to [www.spokenword.com](http://www.spokenword.com)

# Stem cell donors urged to sign up

BY SHARON FARWELL

Wilfrid Laurier University students gathered for the one match event on March 2.

The afternoon saw students on campus coming forward to donate blood at a Wilfrid Laurier blood donation clinic in the library and blood donation while the cafeteria housed a One Match stem cell and marrow information booth.

The organizers of the One Match event at Laurier event raised awareness about stem cell donation and registered potential stem cell donors for the Canadian network.

Stem cells are a group of undifferentiated cells present in multicellular organisms - meaning they are capable of carrying out a number of bodily functions. These cells can be derived from a healthy human body and used to treat diseases such as several types of cancer.

The Canadian chapter of One Match is a part of an international stem cell registry network and has over 4,000 registered stem cell donors. It has access to 20 million donors worldwide which enables the Canadian chapter to report stem cells to treat patients in the overseas. Despite the vast number of donors, finding a match is a daunting challenge. Currently a total of 1000 Canadian patients are waiting donors.

The major reason donors come forward to donate at the One Match event is because of being a direct blood-to-blood match.

Sherry Charney, treasury manager for Canadian Blood Services, said, "We are a program that people understand a lot more when they have someone who is in need of our program."

Lilla Pinkash, a second year communications student student at Wilfrid Laurier, learned about the program when a friend of hers got leukemia. She has been a registered donor and a volunteer for One Match ever since.

"Donors have to fill out forms to register and we ensure that donors are in good general health. The samples get sent off and as fast as two weeks the registration process will be complete. It's not a lot to save a life."

The information booth was run by Sherry along with volunteers from Wilfrid Laurier University from 11 a.m. to 3 p.m. At the booth, potential stem cell donors lined up to get screened. A blood-spooling kit containing 45µg was provided to donors who enabled the transfer of their cells to provide samples of their cells. These were then released for tests by One Match donors.

Stem cell donation works very

difficultly when compared to blood donation. For stem cells, patients or donors termed human leukocyte antigen (HLA) that on an white blood cells need to be a match is critical to donate. Each human being receives half of their markers from their mother and the other half from their father. A minimum of 10 unique markers are required to qualify as a match for patients or cord.

If a match is found, the donor receives a call from the cell transfer team to schedule a donation. Some cell donations at One Match are carried out as two ways rather through a process along the lines of kidney donation or through a marrow bank surgery.

Sherry said One Match makes it a point to let every donor know they cannot back out once a match is found so that would be fatal for the patient. The reason it is important the donors understand what they are signing up for.

Shirley Cooke, a second-year healthcare student at Wilfrid Laurier, is a registered stem cell donor who has been chosen as a match.

"I am to the waiting list right now... for eight months now. There are so many tests you have to go through, there are blood tests, a physical test - you have to go to the hospital a week before just to make sure everything is OK... But it is such a small inconvenience considering you are saving a life."



PHOTO BY SHARON FARWELL

Shirley Cooke, a second-year healthcare student at Wilfrid Laurier, fits out the information form to register as a stem cell donor at the One Match - Stem Cell and Bone Marrow Information Booth at the university on March 2.



PHOTO BY SHARON FARWELL

Sherry Cooke, from left, Lilla Pinkash and Sherry Cooke, members of One Match at Laurier, are volunteering to get others registered into the stem-cell registry along participants. If matched, they have someone's life. For video, story, go to [www.applonline.com](http://www.applonline.com).



# Running can help you quit smoking

## BY SANDRA SAMUELS

"I woke up and opened up. I took my last cigarette. About a year after that I became the assistant manager of the (Running Room) and now I am the store manager for the company," said Barry Smith. "I quit smoking, dropped weight and I have run a marathon. I tell everybody that, if I can do that, anybody can do it."

Smith was 14 when he first started smoking. "He thought it was so cool to be a smoker and to hang out at the backroom of his high school. When he went to Pennsylvania College in London, Ont., people could smoke in hallways and even in classrooms back then. Smith said,

"He has now been smoke free for almost 30 years, ever since he took up running."

**"I have a job where it's not really a job, it's just having fun every day. The best part is meeting new people and talking them they can be runners, they can quit smoking and they can run a marathon, because I know it's all true. Just being a bit to tell somebody about that is amazing."**

— Barry Smith

Smith used to smoke one pack a day which he said was a bit less expensive back then.

"I found they are now like just a guilt or something. I don't know how they afford it," he said.

When he first joined the Leam to Run program at the Running Room in London, he wanted to do after a run was to smoke a cigarette. "But he told himself that he wasn't going to do both — smoking and running."

"He said to my doctor and I did get some help from them. There are pressure points and then that will help you. I think I tried to quit on my own many times," he said. "The last time when I took up the running it felt different in my hand. I knew that was the miracle for me, the running was going to help me and make me quit and it did. It just kind of

worked that time and I just felt differently."

The Canadian Cancer Society partnered with Running Room to start a nationwide Run to Quit program in 2010. The business offers virtual or in-store training programs and guides participants through a 10 week walking or running program while receiving support to quit smoking.

"I was 35, I was an older runner. I just burned them, I was a fat bloomer," he said.

Smith said he never is used smoking when he quit it and he felt good. He used to be a happy soul and he can help others who are trying to quit.

"If I did not do here, a running to smoke. I want for a run. I would be like I have to replace that with something else. Instead of having a cigarette, I would just go for a little run," he said.

In 2008 he won the Walk Disney marathon in Florida. By then he had been running for a year and he wanted to run a marathon. When he saw the medal on a newspaper advertisement he told himself that he should have a.

"We did a full marathon you got a huge Mickey Mouse medal and for the half marathon you got a huge Donald Duck medal. So I have both of those," he said with a smile.

"They also the cheese pins down and you run throughout them and high-five all the Disney characters. Mickey was there at the end of the line to give a medal."

He has run two full marathons, 15 half marathons and a few 5Ks and 10Ks. He has also taught at the various Running Room Leam to Run programs and has helped people learn to run and then quit smoking.

He said his journey has been fun.

"I have a job where it's not really a job, it's just having fun every day. The best part is meeting new people and talking them they can be a runner. They run quit smoking and they can run a marathon because I know it's all true. Just being able to tell somebody about that is amazing," Smith said.

Sandra Fredrik-Guent, store manager at the Running Room in Kitchener, supports the Canadian Cancer Society partnership with Running Room to start the Run to Quit program.

"What we have learned from the training program is, it's not a 100 per cent. It takes multiple tries to quit



Photo by Sandra Samuels

Barry Smith, the Running Room's area manager, poses in front of his company car. He was a runner in the Leam to Run program and currently encourages people to join the Run to Quit program held by the store that helps people quit smoking.



Photo by Sandra Samuels

The Running Room offers shoes for many different sports. Anyone planning on joining the Run to Quit program should know they have a pair of high quality running shoes.

**"The running is just one aspect, just to create a healthy habit. Hopefully they will see running as a stress relief and they won't be tempted as much to go out and have a smoke."**

— Sandra Fredrik-Guent

smoking. For some people it works right off and for others it doesn't," she said. "The running is just one aspect,

just to create a healthy habit. Hopefully they will see running as a stress relief and they won't be tempted

to go out and have a smoke."

Fredrik-Guent and her staff members are excited about the new Run to Quit program and they have passed on the message to their family and friends.

She said she was a smoker when she was a teen and from her personal experience she knows how important exercise is.

"Movement just makes you better all the time," she said.

# Guelph poverty relatively invisible

BY JEFF McCRENNAN

Some poverty in Guelph can't be ignored, whether it is the homeless men lying in a tent on the side of the road with traps covering her bicycle and trailer of belongings or the people gathered in front of 44 Baker St. smoking cigarettes, huddled together on a bitterly cold day.

A young woman asks for change at the grocery store and on other occasions asks for rides and money and has a specific way when she approaches people. Most people pretend they don't see them. An older man who walks through downtown Guelph up and down and later used to talk to people didn't now usually starts through them.

These are not the only people living in poverty. The majority of people who struggle aren't visible, so it's hard to walk into town and not people in Guelph live with less. Many individuals and families live on government housing or pay market rent and can't afford the necessities of life.

Some go from living with friends to depending on support for many people in Guelph have nothing of their own. These are the people we don't see struggling, people who have limited or no income, who rely on city services or family and friends.

Elizabeth Elery is the coordinator of the Guelph and Wellington Food Bank for Poverty Elimination. She believes it is hard to define poverty and says although the government uses a low-income measure, the number of people living on a low-income is unknown because the last National Household Survey was in 2001.

"We hesitate to share statistics because they're so old," Elery said.

The 2004 survey information on income will be released in September of this year, so the organizations can move forward with a better idea of the people who need help.

These people are varied and include individuals with physical health and mental health issues as well as those with substance use problems who are vulnerable. Some are social assistance like Ontario Works or the Ontario Disability Support Program. Many have stopped at shelters and got additional benefits from the government as long as their letters and paperwork are up-to-date.

"Single mothers who are on OW are probably the worst off compared to maybe a two-parent family that is receiving OW," said Elery.

"I'm not saying one situation is better or worse than the other, but we can't kind of group everyone together."

Elery also acknowledges that people out on streets are struggling financially. They are termed the working poor.

These people are making minimum wage or slightly over minimum wage and struggling to get above the poverty cut off the scale.

Some people start out homeless or in absolute poverty living as tenants, and are able to work their way up to a better lifestyle.

"I think of poverty in terms of a continuum," Elery said.

The biggest problem is the lack of affordable housing.

"We have the lowest vacancy rate in Canada — that means there is not a lot of availability," said Elery. "People who are low income are competing with students for housing in our community."

Sharon Reid is not affordable for people on OW or GDS?

"The assistance received is extremely inadequate," Elery said.

Government housing is not able to assist people in the same way as affordable housing would be able to.

Matthew Ford grew up in Guelph and lived in a housing complex with his family.

"When I was 18 our house was foreclosed on, and we were on the street," he said. There was no money for drugs and drinking, fighting and gambling.

His parents had split up and his family was struggling. His mother ended up in a better housing situation and did recover alcoholism.

Living in poverty was hard for Ford as a teenager.

"For me, it was always harder to keep up appearances to not look poor," he said. "It wasn't a lot of choices. I couldn't even think about college or university because we needed to survive."

At 35 years old Ford has worked for a great part of his life and returned to school to further his education but continues to feel the effects of living in poverty.

"I still have trouble thinking I deserve things and being guilty if I have something new because I know others don't struggle," he said.

James McCreannan, 42, said his family live in a better situation. They own a house and the property is quiet because of the freezing temperatures outside. He is a single father to two young children that he fought to get custody of.

"I am not working right now."



Photo by Jeff McCreannan

James McCreannan poses with two children Austin, left, and Abigail in front of their home in Guelph on March 22. McCreannan is a single father who fought for full custody of his children and won after their mother refused them custody recovery. He is not working and stays home to care for his children.

and McCreannan. "I'm making sure the kids get a proper upbringing until they both go to school. Once they go I'm going back to work or back to school."

He tried to get his children away from their mother when she started using drugs again after a long period of sobriety, and the children were apprehended by Family and Children Services and put in foster care.

"They treated me like I was the bad guy" said McCreannan. "I fought for 14 months and finally got them back."

During this time he had very little help. He finally got support through the Oregon Centre and worked at the shelter, Sheltercare. "The regional Community life volunteered, took parenting classes and worked, did everything possible to get his family back."

Then he was able to get

subsidized housing and funding from Ontario Works but for most of last year McCreannan did not receive any child benefit money because of an error made by a worker when they filed his paperwork.

"2012's month with two kids was not cutting it. Without the food bank I don't even know what I'd be doing right now," he said.

(CONTINUED ON PAGE 12)



Photo by Jeff McCreannan

Edward Pickersmith stands in front of 40 Baker St. in Guelph on March 22, where he runs the Out of Poverty Society. The Food Bank Support Club provides hot meals and an art gallery and studio in space on the weekends in the building. Due to recent financial hardship, these programs may not be held in this location for much longer.

# Behind the scenes of the butterfly conservatory



BY DEANNA BOLLING

The Cambridge Butterfly Conservatory is a beautiful place to go and visit. Full of sunshine. From 1,000 to 2,000 colorful butterflies, tortois, lizards, doves, quail and an eight-year-old parent named Cleo.

Most, if not all, of these butterflies are completely new in two weeks and live for the most this is special. There will be a whole new set of butterflies. This is because the average butterfly only lives on in eight weeks. However, some live up to five months long.

**Justine** Telford, a naturalist at the conservatory, has been working here since she was a child. She had a large open backyard and was always interested in the wildlife that she would find.

"I used to say to my little people from about five to eight years old, 'A butterfly lives in very short lifespan, and most people seem to think they live forever'."

When a butterfly lays an egg and it hatches into a caterpillar, it is only

in that stage of life for approximately two weeks. From there it starts its transition into becoming a butterfly. It is there in its chrysalis for another two weeks. When the butterfly starts to "hatch," they hang onto their chrysalis for anywhere from two to eight hours, depending on the size of the butterfly.

Once the wings of the butterfly dry, it flies off. The next lives for anywhere from two weeks to four months. "There are the butterflies here with a short lifespan, we have to order butterflies by the thousands," said Telford.

On March 11, an order of 500 butterflies in chrysalis, that were brought by plane from Costa Rica, were being placed into a display so that they could be put on display so people could watch them hatch.

Each of these 500 butterflies cost the conservatory between \$6 cents and \$1 and as high as \$1 depending on the species.

PHOTO BY DEANNA BOLLING



Left: A green supply butterfly sits on a yellow flower. In the middle: A butterfly sits on a yellow flower. In the bottom: A group of butterflies fly their wings after hatching from their chrysalis.

in the sun. This is because there are the times of day that are most like their natural habitat.

In first place, walking into the conservatory seems like a tropical get away from our cold Canadian winter, but it is as much more than that. Its entomology plus study of insects includes the study of butterflies, hence the study of plants and such more.

The butterfly conservatory has even a small room for guests so that they can learn

all about bugs and butterflies.

Sometimes they even get the chance to eat them, like in the small Big House that happened during March break last week. This year the show was simple, which has into Canada's 10th birthday. They had maple leafy with beetle larvae, maple leaves coated with and cricket. These periods the conservatory in March.

For more information on the conservatory and ticket prices go to [www.cambridgeconservatory.com](http://www.cambridgeconservatory.com)



Most of the other bugs and insects like the purple nymphs and thorny devils, are from Malaysia, where the average annual temperature is 27.5°C.

The plants in the conservatory mostly come from places that have a warm climate to live, including Asia, Africa, the Philippines and Costa Rica.

Butterflies in the conservatory tend to be most active at dawn and dusk, which are the times they often feed and enjoy basking



PHOTO BY DEANNA BOLLING



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# Bees

## An endangered pollinator

BY MIRIAM WEATHERALL

"Is this like a game of Jeopardy, you can move one block but what happens if it's the wrong one or too many?" said Victoria MacPhee, co-host of *Pollinator Challenge*.

The answers about how devastating the population of bees in Ontario has decreased didn't start until around 10 years ago, when the *Shedden Cattle* bee survey was conducted for the first time. In the early 2000s, Cattle recorded more in Ontario where the bee population had been surveyed back in the 1970s. Her survey showed that the population of native bees had declined to levels not seen since.

"That was one of the first surveys we found here in Ontario," said MacPhee. "We probably have around 400 types of bees in Ontario, some ranging from one individual to a couple thousand tons. There is a huge diversity and we are wondering what is happening to all the other pollinators, the butterflies, moths and everyone else."

In 2015, the *Canadian Honey Council* estimated that the number of bees dropped 30 per cent over those years. In 2014, the *Globe and Mail* reported that 45 per cent of honeybees didn't survive the winter. The actual bee loss during winter is around 80 per cent. Ontario lost 50 per cent in 2014. The reasons behind this decline can't just be attributed to one thing, there are multiple factors that play a part in the decline of pollinators.

Environmentalists and author *Frank Gilch* wrote in his book *Monkeys Mayhem!* (Mango) that out of all the factors that are killing off the bees, the most four are: var-

ious winter loss of habitat, climate change and pesticides.

MacPhee said, "Pollinators are responsible for two-thirds of all pollination out in the world, that includes a third of our supermarket crops. We have a saying that one out of every three loaves you like as the result of an animal pollinator. This could be the obvious fruits like strawberries and apples to the not so obvious things like beef. Losing the bees would have a big impact on our food."

Shedden is an important pollinator for many commercial crops, but with out the decline of species of native, mostly solitary bees in Ontario, some people predict crop/corn collapse.

Like *Pollinator Challenge* has a sample map for people to start helping responsible Ontario's bees.

"Plant more flowers," said MacPhee. "Even if you are in the 10th floor of an apartment building, getting out some flowers you will help some pollinators. If you have a larger yard you can create habitat. If you don't have a large garden and still want to help, we have several planting sites around the city that we are always looking for people to help us manage."

In Ontario the government has created the *Pollinator Health Strategy*. The Internet page for it lists different actions they are taking to support pollinators. The strategy includes financially supporting beekeepers who have lost a high number of bees/losses and developing their vision plan to cultivate other strategies that are creating bees in the past.

## INSIDE THE MIND OF THE UNDEAD WITH DOCTOR Z



PHOTO BY GABRIEL FISHER

Mark Edwards, or Doctor Z as his students call him, sits in his office beside a poster on his laptop for his new course, *Thinking Through Zombies*, which begins in the fall of 2017. For video story, go to [www.apknewsline.com](http://www.apknewsline.com).

## YOUR SEARCH IS ABOUT TO GET EASIER



PHOTO BY GABRIEL FISHER

Parking has been a major problem at Donostage College's Cambridge campus. For those searching for a closer parking spot they will be happy to hear Parking Services has removed five of the accessibility spots. The lots will be repaved after the warm weather arrives, for video story, go to [www.apknewsline.com](http://www.apknewsline.com).

## THE FLOWER STUDIO OPENS JUST IN TIME FOR SPRING



PHOTO BY GABRIEL FISHER

Jessie Mariani stands next to a vendor display for her shop at the *Modernista Artist's Wedding* open house on March 4. *The Flower Studio* is located in Waterloo and offers creative flower designs for weddings, special events, holiday decor and more and provides custom, one-on-one creations.

## Inside The Hive

1 Honeybee wings have a wing stroke of 200 beats per second

2 Only the queen bee lays eggs

3 All worker bees are female

4 A single bee can make 100 pounds of honey for a beehive

5 Honeybees can recognize faces

6 The queen bee will lay between 500 and 500 eggs each day



ILLUSTRATION BY  
MIRIAM WEATHERALL

7 Bees fly buzz with caffeine helps bees remember where the flowers were

8 Beekeepers will use smoke to keep their bees calm when they collect honey or relocate the hive



## HOROSCOPE

Week of March 26, 2012



## Aries

March 21 -  
April 19

Don't be too bold, listen to the advice of others and build upon them.



## Libra

September 23 -  
October 23

Remain calm but let yourself be heard, or it may cause more drama with one of your loved ones.



## Taurus

April 20 -  
May 20

Don't let your anger get in the way of your plans. Keep on calm and keep your eyes on your goal.



## Scorpio

October 24 -  
November 21

Keep your eyes up. You will soon feel victorious.



## Gemini

May 21 -  
June 21

If you are asked for help, then lend a hand. It will all come back to you and more.



## Sagittarius

November 22 -  
December 21

Don't feel discouraged by the hard work of others, but let it be inspirational.



## Cancer

June 22 -  
July 22

You can inspire others with your creativity, don't be too timid to let your ideas be heard.



## Capricorn

December 22 -  
January 19

Let your ideas run free. There may be endless opportunity by the end of them.



## Leo

July 23 -  
August 22

You may come to mind others to be a dead end. That's when you know you are creating a path of your own.



## Aquarius

January 20 -  
February 18

If you find time going on an adventure then begin plan using that.



## Virgo

August 23 -  
September 22

Don't be too hard on yourself. Your hard work will not go unnoticed.



## Pisces

February 19 -  
March 20

You will establish a distant friendship if you are willing to be the one to step forward in support.



Discerning Wisemen do their best to focus beyond mortal companionship. She also enjoys people watching and coffee.

## Oh Girl!



Girls aren't human until they've had their morning coffee.

## Useless Facts

Only one in ten billion people will live to be 110 or older.

The human heart creates enough pressure when it pumps to squirt blood 30 feet.

The shark is the only fish that can blink with both eyes.

The longest one-syllable word in the English language is "schmeckel."

Almonds are a member of the peach family.

## Sudoku Puzzle

			1		7		
1		6	7	3			2
	2	8		6		1	9
	2						3
3	1	8	2	9			7
9		6			1		4
	1		5		6	4	
8			3	6			
6	5			4		3	1

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any.

## Word Search

## Harry Potter

B	D	E	T	E	N	O	I	M	B	E	R	K	O	T	I	HEDWIG	
K	J	H	E	R	M	E	S	E	R	U	A	T	H	E	C	W	HERMES
N	B	I	H	M	B	E	T	E	K	J	M	Z	V	L	W	DEED	
A	V	C	H	X	C	Y	W	S	P	K	S	W	A	N	D	MURPHY	
H	E	K	C	I	F	B	E	R	T	N	T	B	C	W	Q	POWDERBOX	
S	T	N	T	E	N	E	I	R	E	F	E	J	S			PANG	
K	F	E	I	E	O	N	T	B	X	O	R	U	H	K		CHOCOLATES	
G	F	R	D	O	M	D	C	A	N	G	L	F	G	G		DUMBLEDORE	
O	U	G	D	B	E	H	M	E	O	I	G	H	L	I	C	CHARMS	
E	L	D	I	F	N	G	R	H	T	M	I	J	W	D	H	DEMENTORS	
C	F	E	U	R	T	R	A	T	F	R	D	D	R	Q	A	WAND	
E	R	L	Q	L	D	B	E	A	T	E	A	H	O	E		CENTAUR	
P	H	B	W	L	S	P	I	E	N	J	C	J	X	W	M	PETTERHEAD	
A	B	M	Q	V	S	P	R	D	G	O	N	C	Z	L	S	DOBBY	
N	N	U	D	R	O	S	S	E	F	O	R	P	A	S	F	SNAPP	
S	T	D	T	V	N	O	B	G	D	I	W	D	I	P	O	PHOENIX	

PROFESSOR

# Trusting journalists and the news

BY MATTHEW FRANKS

The distance between the public and political journalism has changed. With a vast number of publications and a more mobile publication base in the minds of readers, the average citizen is having a harder time finding news they can trust.

"Mass online news has eroded the writers' [impediment] about their trust and who they can trust," said Nick Taylor-Vinay, the national director of The Canadian Association of Journalists.

As the Internet expands, and more news is funnelled into it, readers have a wider array of news publications to choose from, a wide variety of stories. Publications have begun to use clickbait and clickbait reporting to entice readers to click websites and Facebook pages.

"Part of the problem is that the popular stories crowd out the unpopular ones," said Taylor-Vinay.

He said when a publication posts two stories on Facebook, a sensational story will get more attention and more shares.

Many news outlets are doing it, journalists

Thou many news is opposed to "legacy media," a term coined by those opposed to "old guard" journalists," arguing investigative and broadcast reporting have become too caught up with ratings, news headlines and dramatic events to provide accurate and powerful news.

Instead, a new wave of political reporting is being done by non-journalists who are reporting with a clear defined bias, after which they tell readers and viewers to form their own opinion. This is in contrast to "old guard" journalists," which, they argue, publishes work done, researched.

This bias is partly in blame for the decline in readership and viewers.

"I tend to think the accusations of bias are unsubstantiated and overblown," said Taylor-Vinay.

However, a joint study done by Cornell and Stanford university professors says different. They studied eight years of President Barack Obama's speeches and how they were reported by different publications.

"By studying how politicians are portrayed, we provide an analysis of the structure of

political media coverage. This reveals a latent media bias space that helps us understand well with political ideology and what type. A linguistic analysis requires striking differences across these latent dimensions, showing how the different types of media outlets portray different politicians from when reporting on the same events."

Conclude Member of Parliament Justin Bray has an inside view of the way political journalism is conducted, specifically its content.

"There needs to be something that's happening, and I'm not suggesting for a second that journalists should take our word for it, but they should also do their due diligence, and I think for too much information is being spread with 140 characters and long form materials when you really have something really going on," said May.

"It's really interesting the process, and the narrative that's being driven, and we understand that it's a reality, but that doesn't mean we have to like it."

In part, people believe the legacy media are desperately clinging to the status in their media roles.

"I think that's a common view

to be the default. They're looking at their time — and just to say everything's great and everything's fine. That's not going to lead us anywhere or drive web traffic," said May.

"There's very little in the media of, beyond an evaluation of a program they said they were going to do that but they're doing the exact. There's very little of that."

There's also been a shift in the way the government communicates with people being closer to their public and less over before thanks to online communications.

"Through the life there's a need to be the shift in thinking where government began to think more strategically."

That while still under government more accessible for what services they were delivering to the public, and what results they were able to achieve with what resources they were allocated," said Jane Brown, a Cambridge professor and program co-ordinator of business — community and social sciences who has 10 years of experience in provincial government.

"We [government] are not just the one to serve the public anymore, although there still

very very important but we have to do so in a way that's financially, responsible and accountable to our taxpayers, the people who fund these programs and services," she said.

Hybridizing communications government, people are having faith in how the press reports on the government whether positive or negatively.

Meanwhile, as the reporting on politicians has become more sensational, bordering on gossip.

The public is also frustrated with the lack of content reporting on government policy.

"I certainly understand the [public's] frustration but do not think any type of libelious or conspiracy, it's constantly occurring," said Taylor-Vinay.

This reporting angle, it's the headline's end."

In order for the press to survive, readers must trust the news they are presented with to be fair, accurate and unbiased. A loyalty must exist between readers and their news that cannot be lost and that relationship must be constantly worked on to ensure good reporting is consistent and good reporting is real.

## WATERLOO MEN GIVE A DASH



PHOTO BY NICOLE CLARK

Waterloo Region's chapter of 100 Men Who Give A Damn presents a cheque of \$25,000 to Waterloo Place on March 6 at the Waterloo conference. For video story, go to [www.opinionnews.com](http://www.opinionnews.com)

## Performers needed

Cambridge College project has suggested students on building an open mic performance on Thursday, April 5 from noon to 3 p.m. in The Venue.

Students will go to Ontario for the first time, public performance based in Cambridge that donates free guitars to kids who are interested in a new but cannot afford to buy guitars.

The organizers hope to create awareness about the charity and help them purchase more and guitars.

Students and non-students who are interested in performing or donating are asked to email [openmic@cambridgecollege.ca](mailto:openmic@cambridgecollege.ca) or phone 226-578-0500. Specifically organizers are looking for singers, guitarists and people who can act on stage as well as volunteers to help set up take photos and video and perform other tasks.

Tickets to the open mic event are \$2 each.



Cambridge Live Music is a chapter of Ontario for Kids in Cambridge and in a while, the program, will be performing at the Fundament from information on the Canadian [openmic@cambridgecollege.ca](http://www.openmic@cambridgecollege.ca) can be found at [www.fundament.com](http://www.fundament.com).

For more information on Ontario for Kids, go to [www.ontarioforkids.ca](http://www.ontarioforkids.ca) or [www.ontarioforkids.ca](http://www.ontarioforkids.ca).

More information and updates on the open mic event can be found on the Open Mic Fundament for Ontario for Kids Facebook page.

## SHARING CIRCLE BRINGS PEOPLE TOGETHER



PHOTO BY BILLY LINDENBERG

Carleton students meet with Myerajana Henry, manager of Aboriginal Services, and Gailley Wiley, an Aboriginal elder, for a sharing circle in the cafeteria on March 18 as part of Cultural Diversity Week. The sharing circle is held every Friday, usually outside the Aboriginal Services office, as participants can share and heal their body, spirit, mind and emotions, together. All are welcome.

## WOMEN SPEAK FOR THOSE WITH NO VOICE



PHOTO BY BILLY LINDENBERG

Service Moll (left), lecturer at the University of Waterloo, and Cheryl Makynych, Aboriginal Student Services coordinator at the university, stand amongst the names of missing and murdered indigenous women painted in chalk at Carlisle Square on March 18. For video story, visit [www.aponline.com](http://www.aponline.com).

## ■ COMMUNITY ENGAGEMENT

He did finally get child benefits and he's very thankful.

These people are not able to get housing and don't feel so lucky. Kaito Wayne has lived most of his life in poverty and although he is on OASD for many health issues, at 55 years old, after a lifetime of hard work, "I'd be like this 'ol Joe," she said.

She pays another rent for a small apartment which takes up her monthly rent a thousand as well as most of the portion of money she gets for her basic needs.

"I had a phone broken up but I can't even afford that right now," Wayne said, "I need cell phones. I have to shop shopping in my daughter's closet."

She owns approximately \$2,000 in housing from many

programs and while she pays off what she owes she must apply. She also has difficulty getting food or using any services available in the community.

"I don't see the food bank because I have nobody to go pick it up and I can't lift it. I go to the food bank every day if I have someone to help me or Hope House... but I can't carry the food home," said Wayne.

Because of the debts she owes to SNAP, housing services and other businesses for phones and other she must get credit. She can't work.

"What happens when I turn 65?" Wayne said, "I don't know."

Advocate and volunteer Tim Humphrey 55 said getting out of poverty is almost impossible because of the generational nature of the welfare system.

"You must pass your way and everything," she said. "You can't put any more money, you must wait eligibility criteria. Welfare takes every dollar you earn depending on your situation and then you hit the hell of hell benefits are gone."

You must even get ahead because you don't have or make money while receiving some form of assistance.

"There's no hope," said Humphrey.

Humphrey has Catholic beliefs and after having three surgeries a time on an antidepressant drug treatment, she receives OASD which includes some medical benefits.

She spends about 75 per cent of her money on housing, then the rest on a phone and food. She visits food food pantries

# There's many different faces of poverty

and other community services in order to eat and get basic needs like clothing and housing as much as to take care of getting back.

"I volunteer as the co-ordinator for Community Volunteer Income Tax Payments at the Drop-in, Last year I did 11,000 individual returns," said Humphrey who completed a course in tax preparation.

She also coordinated the last round of a program called Advance your Year which helps people living in poverty learn to express themselves publicly so they can advocate for others.

Humphrey takes part in the poverty task force and also supports grassroots initiatives like the Out of Poverty Society at 55 Baker St. which is run by Edward Pickerskill, 72.

Out of this location Pickerskill and Kathryn Williams have been running a food program called Our Place Hunger Club throughout the week as well as an art gallery in the warehouse where people can come in and paint, enjoy the shelter and even get something to eat. Because of recent funding issues they are unsure of what will happen in the near future.

The people who depend on 55 Baker St. are a mix of those who have no home and those with some stable living conditions but have little money for basic needs. Many have health and addiction problems.

55 Baker is difficult to access it is not funded by the government and relies on donations from people in the community.

"Part of the problem is what I call the professionalization of poverty where the people that are heavily funded. Then you have the grassroots initiatives that are very very difficult to fund," said Pickerskill.

Money is provided to some places and not others and doesn't necessarily help anyone.

"They pour money into the professionalization rather than into the hands of people who actually have the lived experience of poverty," he said.

They don't look at the people who are in at risk populations. They don't look at those with experience."

Pickerskill wants people to know that they are welcome to come in and find support at 55 Baker as long as they are open to that location.

Atrial fibrillation (AF) is a heart rhythm disorder that TRIPLES YOUR RISK OF STROKE.

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